226

Snails are gathered all year except when the river is flooded and too swift to collect them. Even during the rainy season, the snails are collected between floods. Another factor that discourages people from gathering snails during the rainy season is the appearance in the river of the poisonous golden-colored fish, lupo. When stepped on, this fish inflicts a painful wound.

226
462

Both sexes gather snails in the river, although it is done mostly by women and young children. As one female informant explained: "Women are easier to group together than men and in the evening the men like to drink guhang." Snails are collected in the day or at night by moonlight or a flashlight.

226

Kapia, Ungka and Bong-Bong are usually found on top of stones at night or under them during the day. The people explain that at night the snails come from under the stones to feed. Soso and Tibo-Tibo normally occur on the sandy river bottom. When snails are gathered during the day stones are turned over along the river edge where the water is shallow. The people wear a small bamboo container or carry a can in which to put the snails.

252
262

Snails are boiled, sometimes with vegetables, to make soup (sabao). The meat is then extracted from the shell and eaten. Most houses have a nearby kitchen midden of discarded snail and clam shells.

276

To make lime (apog) for betel nut chewing, snail shells are put in a half section of dry bamboo that is

276

placed on dry palm leaves. The other half of the bamboo, the "lid," is fitted on top and covered with more leaves. Then the leaves are fired. When the fire burns out, the burnt shells are carefully picked up lest they shatter and are put in a container of water. The water is then thoroughly stirred; after the lime has settled, the water is poured off. Some wash the burnt shells after firing and crush them without soaking in water. A bamboo container for carrying lime for betel nut chewing is called sugong; a container carved from carabao horn is called luka.

Marine Snails and Clams

226

Table XXVIII, Varieties of Marine Clams and Snails Gathered in Siaton, presents pertinent data regarding local names, scientific identification and frequency of catch of marine snails and clams. (See Pages 636 - 637.) These mollusks, a fairly frequent part of the diet of barriofolk, give both variety and flavor to their daily fare. Like the fresh-water snails, they may be boiled to make a weak soup, eaten as meat, or cooked with vegetables. In the northern barrios marine mollusks are rarely eaten owing to the distance from the sea. Whereas a few people gather marine mollusks all the year, the southwest monsoon's arrival makes it difficult for the sea becomes rough. Like the fres-water mollusks, the marine snails and clams are collected mainly during the dry season.

[252 262]